



FEBRUARY 2026

TUESDAY, FEBRUARY 3

Cauliflower soup
Breaded haddock with
wedges and tartar sauce
Roasted veggies

THURSDAY, FEBRUARY 5

Feta & cranberry penne
salad with orange vinaigrette
Chicken & gravy
Mashed potatoes
Squash

TUESDAY, FEBRUARY 10

Tomato soup
Beef stroganoff over egg
noodles
peas

THURSDAY, FEBRUARY 12

Apple slaw
Greek chicken with rice pilaf
Roasted brussels sprouts

TUESDAY, FEBRUARY 17

Garden vegetable soup
Saucy meatballs
Wedge potatoes
Orange & yellow carrots

THURSDAY, FEBRUARY 19

Caesar salad
Baked ham with brown sugar
glaze
Scalloped potatoes
Corn

TUESDAY FEBRUARY 24

Minestrone soup
Broccoli & cheese stuffed
chicken breasts
Mashed potatoes
Beets

THURSDAY, FEBRUARY 26

Greek salad
Roasted pork tenderloin with
honey garlic sauce
Sweet potato
Roasted broccoli

Our Programs

FROZEN

Our homestyle frozen meals can be heated in your oven or microwave so they're ready when you are!

TRANSPORTATION

We have volunteer drivers available for long distance and local trips for medical appointments, shopping or social activities. Our Mobility Van is also available for those with assistive devices.

HOUSEHOLD MANAGEMENT

We can provide assistance with routine household tasks such as meal prep, laundry, light housekeeping or small one-time chores such as yard work and snow removal.



Reheating Instructions NEVER use a toaster oven!

TO REHEAT: SLIT FILM

Microwave:
2-3 min on
high

OVEN:
350 for 10 min

FROM FROZEN: SLIT FILM

Microwave:
5-7 min on high

Oven:
350 for 30 min



COMMUNITY CARE FOR
CENTRAL HASTINGS

613-478-2224

310 Victoria St N, Tweed ON

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www.ccch.ca



United Way
Hastings &
Prince Edward



HOME & COMMUNITY
SUPPORT
United in our commitment to care



Ontario
Trillium
Foundation



Fondation
Trillium
de l'Ontario



Ontario
Health

Family Day
February 16



Meals on Wheels
FEBRUARY MENU